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Bangalore Mirror

TEMP Max 34 | Min 19 | Humidity 23% Partly cloudy Sensex 56,816 | Nifty 16,975 | Gold 51,231 | Silver 67,700 | Dollar 76.21 | Euro 83.80 | GBP 99.78

AUTOMATE

PAGE 4

SLICE DELAY

PAGE 5

‘Children aged 13-14 years increasingly addicted to adult content online as SHUT clinic sees rise in number of teens seeking counselling post pandemic’

SECRET WINDOW

‘Children getting involved in sexting too’

| Pragna L Krupa
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Shift to online learning and lockdowns due to pandemic resulted in adolescent boys and girls getting addicted to internet pornography. Post pandemic, many parents sought psychiatric help for children who have been addicted to watching adult content.

Shyam*, a resident of Srinagar, who’s an employee at a private firm, told BM that his 16-year-old son had started to lock himself up in his room for long hours after returning from school and had become very distant from family.

“He would spend a lot of time on his mobile phone and would hardly speak to us. Earlier we were thinking he was busy attending online classes but even after the in-person classes started, he still continued to lock up the room and be inside. I randomly walked inside the room once and saw him watching adult content and masturbating. I was angry at first but then I realised that it’s not his fault and sought help from doctors. We started

CONTINUED ON PAGE 9 »

“Sometimes it is a peer-based addiction to watch adult content together with friends; they can’t resist from watching it again and again.

— Manoj Kumar Sharma, SHUT clinic, NIMHANS

Holiday Booster

Many countries require ‘booster’ vaccine shot within 270 days of travel

| Shreya BN
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A decrease in covid-19 cases is directly proportional to an increase in vaccinations. Ever since covid-19 cases fell drastically in the state after the third wave, the demand for vaccines dropped too. Even senior citizens who were earlier seen rushing to get the booster dose have now decided to ‘wait and watch’.

However, now, latest news is forcing people back to vaccination centres.

With international flights resuming in the country and many countries welcoming tourists, people are now making enquiries with travel agents. However, the catch is many countries require a ‘booster dose’; hence to make themselves eligible for the travel, people are now flocking to vaccination centres. Many travel operators said there has been a huge increase in travel enquiries to Europe this summer, but many Indians are simply unable to proceed with their plans due to the critical vaccination rule. Most European Union countries have decided to only consider the vaccinated — the last dose should be administered within 270 days of travel.

That effectively makes a booster shot mandatory for a large part of Europe this summer. But no age groups in India except for the 60 plus are currently eligible for the booster or precautionary dose.

CONTINUED ON PAGE 7 »

3 THINGS TO DO

01 Spirit of Holi

Celebrate the 'Spirit of Holi' with Studio Orenda and participate in an interactive workshop on natural dyeing by Colorashram. You will learn the what, how and why of using natural dyes, and experience the joy of using these natural pigments on a garment of your choice. Textile waste is a huge worry, globally and with this workshop, you can learn creative & sustainable ways of reviving used clothes, so that you can fall in love with it again.

Where: Studio Orenda, Whitefield
When: Mar 18, 10.30 am to 1 pm
Register: 7625094555 (mandatory)

02 Dance, Dance, Dance

A consistently successful event since its inception, the Drishti National Dance Festival is the brainchild of renowned Bharatnatyam dancer Anuradha Vikranth and her husband T M Vikranth. To commemorate 75 years of India's independence, the theme of the forthcoming festival will be Bharatiya Kala Drishti - Insights into Indic Art and Culture. The 17th edition of the festival will feature some of the finest artists of the country in different genres of Indian classical dance styles such as Bharatnatyam, Kathak and Odissi.

Where: Chowdiah Memorial Hall, Vyalikaval
When: March 19, 6 pm
Contact: 9242104755 / 9845555422

03 Be a poet!

Celebrate World Poetry Day in Urban Solace with a unique initiative 'Pay with a Poem'. The purpose of the day is to promote reading, writing, publishing and teaching of poetry throughout the world. 'Pay with a Poem' is a global initiative that is gaining momentum where anyone -- poet or non-poet -- can simply walk in, write a poem and be paid for their efforts with a coffee. Be a part of the celebration!

Where: Urban Solace, Annaswamy Mudaliar Road
When: March 20, 9 am – 11 pm
Entry: Free

'Verdict left us heartbroken'

Members of citizens' groups, organisations say High Court order may have a negative impact on the education of Muslim girls

Muslim girls protest against the Karnataka High Court's verdict by boycotting their internal exams in front of IDSG college, in Chikkamagaluru, on Wednesday

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With the High Court ruling that hijab is not an essential practice of Islam, Bahutva Karnataka, a citizens' group for justice and harmony, held a press conference on Wednesday to oppose the verdict. The forum was joined by other organisations who said that the judgment raised questions regarding the scope of the verdict and possible misinterpretation by various arms of the government.

At the conference, Bahutva Karnataka was joined by Jamaat E Islami Hind, Dalit Sangharsha Samiti (Bheemavada), PUCL Karnataka, Girls Islamic Organisation, Dalit Minority Sena and All India Lawyers Association for Justice.

According to the coalition, in the past month, several violations to the rights to education of many children has come to light post the interim order of the High Court.

"We want to express our displeasure over the judgment that came out on March 15. We are concerned about the impact it will have on female Muslim students concerning their right to education, right to religion and freedom of speech," said Maitreyi Krishnan, member, Bahutva Karnataka.

Krishnan added that those who go to government colleges are ones from the lower economic strata of the society, who do not have many options and that they had "taken ten steps back with this judgment".

The representatives of these organisations highlighted the socio-economic vulnerability of the Muslim community and said Muslim girls attaining education is a significant way for the community to come out of this vulnerability. But, the High Court order was a blow to this.

Dr Asifa Nisar, Jamaat E Islami Hind, said that the verdict had raised concerns that it may deny many Muslim girls wearing a hijab of their right to education and may result in many of them dropping out. It was also likely to result in lower enrolment of Muslim girls in schools and colleges in the future.

"The verdict says that the hijab is not an essential practice. This statement has left us heartbroken. Being a medical professional and following the Muslim faith, I would like to stress that wearing a hijab is an essential practice. However, those who follow it are doing so by their choice."

The congregation also highlighted that the High Court order should not be interpreted as a blanket ban on the hijab and demanded that students should be allowed to write exams and attend classes wearing it.

"Last week, several students across various districts were not allowed to write exams. Now that the final verdict has arrived, there will be more of such incidents. We hope that the Supreme Court will step in," said another member.

(with inputs from agencies.)

Give us time, will see: SC on appeal

The Supreme Court on Wednesday agreed to list for hearing after the Holi vacation the pleas challenging the Karnataka High Court verdict.

The top court will be closed for Holi for three days from March 17 and will reopen on March 21.

A bench headed by Chief Justice N V Ramana took note of the submissions by senior advocate Sanjay Hegde, appearing for some students, that urgent hearing was needed keeping in mind the upcoming examinations.

"The urgency is that there are many girls who have to appear in examinations," the senior lawyer told the bench which also comprised Justices A S Bopanna and Hima Kohli.

"Let us see...we will list after the vacations. Give us time," the CJI said.

"The high court has failed to note that the right to wear a hijab comes under the ambit of the right to privacy under Article 21 of the Constitution of India. It is submitted that the freedom of conscience forms a part of the right to privacy," a plea filed in the top court stated.

Call for bandh

The Ameer-E-Shariat Karnataka, Maulana Sagir Ahmad Khan Rashadi, has called for a statewide bandh on Thursday to express 'sadness' on the verdict. In a video message, the cleric said, "To express our anger, on March 17, there will be a complete bandh across the state for the entire day."

Educational institutes resume classes

Barring a few incidents of unrest, schools and colleges in Karnataka on Wednesday resumed classes and were largely peaceful after the special bench of the High Court passed a verdict dismissing petitions seeking permission to allow hijab in classrooms.

However, there were a few incidents of protests as well. As many as 22 students in Chikkamagaluru IDSG College staged a protest demanding their right to wear hijab while students at Madhugiri Government College in Tumakuru also protested after they were turned away from classes.

Schools and colleges mostly saw full attendance and a large number of students -- including those belonging to the minority community -- attended classes without hijab. The Udupi Pre-University College where the agitation had turned into a major crisis in the state, also resumed uneventfully.

The six students, who had started the agitation, stated that they won't attend classes until they are allowed into classes with hijab. Udupi BJP MLA Raghupathy Bhat, who is also the president of the Pre-University College, had requested them to attend classes while following the rules of uniform. However, the girls rejected the offer.

In Yadgir, many students returned home after college authorities refused to allow them to write preparatory exams with a hijab. The government college management in Chikkaballapur asked a girl student, who attended classes with hijab, to go to a separate room and remove it.

Cock-and-bull story sends cops on midnight jaunt

Bellie Thomas
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Marathahalli cops went on a wild goose chase on March 12 after a woman claimed that she was physically violated by a gang as she owed one of them Rs 60,000. It took them an entire night to realise that she had fed them a cock-and-bull story to teach her contractor and his associates a lesson. The incident happened at the labour sheds in Laal Matti in Thubarahalli.

Kaleemullah R, an activist, received a call from a few labourers from Thubarahalli stating that a woman from West Bengal claimed to have been abused by five men, all from Bangladesh, as she owed one of them Rs 60,000. The woman also told Kaleemullah that the men were armed. Kaleemullah reached the spot around 10.30 pm and promptly video-recorded the woman's statement and sent it to the city police commissioner and the Deputy Commissioner of Police (Whitefield). who asked

Woman claimed to have been chained and violated by a gang of five men

Marathahalli police to inquire.

The Marathahalli police formed a team headed by police inspector SLR Reddy and his subordinate PSI Rangesh along with six Central Crime Branch policemen. Armed, they broke open the door only to realise that the five men hiding were not Bangladeshis, and documents proved that they hailed from West Bengal. After a thorough search, all they got were a couple of kitchen knives.

Later, one of the men who claimed to be a contractor, told the police that it was true that the woman had taken money from him and so, he had asked her to do odd jobs at his house so that he could adjust the money with her salary. But the woman was unwilling to work and had tried to escape with her husband.

So, the men had chained the couple at their house so that they could not get away. When the cops questioned her the second time, they found that her statements were inconsistent.

After confirming that her claims were false, the cops booked a case against the five men for wrongful confinement, assault, criminal intimidation and intentional insult.

Kaleemullah said that these statements were usually taken at face value as they are underprivileged, but in this case, the victim was taking advantage of both the activists and cops for her personal gains.

Govt's fix for streeties earns flak from activists

Managing dog shelters in the outskirts is impractical: Workers

Garima Prasher
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Activists feel that relocating dogs will not solve the issue

The Karnataka government's latest decision to approach the Supreme Court to root out stray dog menace in Karnataka has not gone down well with animal rights activists. The workers say the proposed idea of large-scale dog shelters being managed by NGOs on the city's outskirts is an impractical alternative.

"The idea of large-scale shelters for dogs sounds outlandish. Street dogs have existed before, and they have the right to be in their place," said Harini Raghavan of Citizens for Animal Birth Control.

According to Raghavan, the government should instead focus on the execution of the Animal Birth Control (Dogs) Rules, 2001, at the state level. Currently, the Animal Birth Control (ABC) program is being carried out only in Bengaluru. "Unless the program is implemented across the state, there is no point looking at impractical alternatives," said Raghavan.

Legal experts claim this matter is pending before the Supreme Court and unless the apex court abolishes the ABC Rules, no such relocation is possible.

"Around 20 petitions have been filed by various states across India for the abolition of the ABC program and the state of Karnataka is a party as well. The SC has kept all these petitions in abeyance and has said that the ABC program should be followed by all state governments," said Alwyn Sebastian, a city-based animal rights lawyer.

He added that the court also mentioned that there should be no indication of any action in contravention of the provisions of the ABC rules.

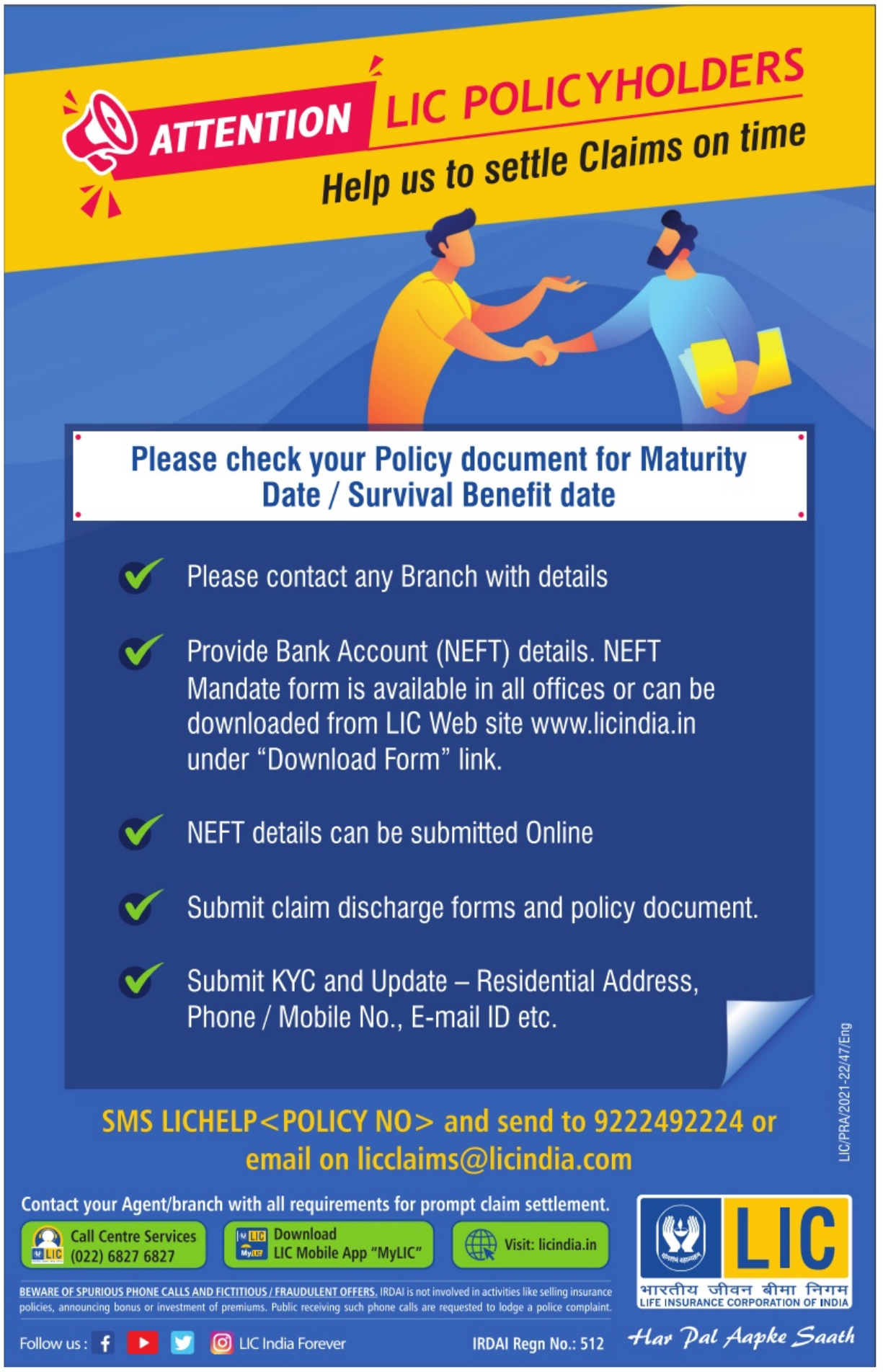
Legal experts assure that at various moments, many states have tried this tactic, but given SC's order, they could not move ahead. "While the government can debate the issue, they cannot supersede the SC's order," said a trustee of CJI Memorial trust.

ABC, ARV is the way ahead

Animal welfare workers say that while the Bruhat Bengaluru Mahanagara Palike (BBMP) has taken up mass ABC programmes across the city, there is a need to increase the number of ABC and sterilisation centres.

"Currently, the city has seven ABC centres, and each picks up about 5,000 dogs every month for vaccination. Impounding the dogs is neither an option nor a solution. ABC coupled with a robust Anti-Rabies Vaccination program is the key," said Raghavan.

"We should learn to live with them rather relocate them. Governments should realise that any such step will earn a nationwide protest. Animal lovers are a big force to reckon with," said Sudha Narayanan, founder trustee, Charlie's Animal Rescue Centre.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Balekundri Circle to get freer, greener, prettier

BSCL takes up project to construct bus bay, auto rickshaw lane, cobblestone pavement and beautify the junction at estimated cost of Rs 50 lakh soon

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PIC FOR REPRESENTATIONAL PURPOSE

Inset: Proposed plan for the project

A project, estimated to cost Rs 50 lakh, will be taken up by Bengaluru Smart City Limited (BSCL), near Balekundri Circle to construct a special lane dedicated to auto rickshaws, which will also have a footpath made with cobblestones and a bus bay. The Circle will also be improved in terms of beautification.

It may be noted, commuters travelling via Balekundri Circle are usually struggling with traffic congestion. Many use this junction to go to Cunningham Road or Millers Road or to head towards the Cantonment Railway Station. It is also used to travel to the Vidhana Soudha road and Infantry Road. A fleet of auto rickshaws found at the junction and the movement of buses tend to get in the way of other motorists here, causing terrible traffic jams.

Maroof Khan, an interior designing student, said, "The institute I study in is located at Cunningham Road. While I travel via Balekundri Circle, I see heavy traffic congestion. The auto rickshaws are parked haphazardly as there is no dedicated auto stand. Since there are many vehicles passing by the stretch, even the buses coming in create traffic jams."

BSCL chief engineer Vinayak Sugur told BM, "The project will help to bring ease in movement of buses and auto rickshaws. Citizens will be able to rest on the benches. Pedestrians will be able to walk safely. We will install clear pedestrian crossings and ramps with bollards too."

Low grass mounds will be added to it to enhance greenery in the area. Existing trees will also be used for this purpose. Concrete benches will also be added to accommodate seating for passengers waiting for buses and auto rickshaws. Elevated platforms will also be provided to help passengers get into the rickshaws.

Mrinal Thakur, working at a coffee centre near Infantry Road, said, "With the benches and pedestrian walkways provided it would be easier for the citizens to wait or even access the place."

> **"The project will help to bring ease in movement of buses and auto rickshaws. Citizens will be able to rest on the benches**
>
> –Vinayak Sugur, chief engineer, BSCL

BSCL had also taken the Raj Bhavan Road and Indian express Road up for development. The roads were asphalted and are now smooth and safe to travel on.

Mantri completes 12 years of service

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Kamakshi Mantri, Surendra Pal with other employees of MDPL

Situated in the heart of the city, in Malleswaram, and considered a popular landmark, Mantri Square mall completed 12 years of operation on Wednesday.

For over a decade, Mantri Group has been a favourite name, not just among shoppers in Bengaluru. The mall is the first and possibly the only retail centre in India that has a direct Metro connectivity, under the name 'Mantri Square Sampige Road Metro Station'.

The '12 fold habba' organised by the Mantri Group between March 16 and 27 offers an amalgamation of some cool events including a karaoke evening, a fashion blogger shoot and a makeup workshop. After two dull years into the covid pandemic, Mantri Group is celebrating their 12th year in a grand yet cautious manner. "The anniversary celebrations have always been grand for us. However, we did not celebrate for two years owing to the pandemic. Now that the situation is getting better, we decided to host the event this year," said Kamakshi Mantri, marketing head, Mantri Group.

As part of the inaugural function, Chairman and Managing Director of Mantri Developers Private Limited Sushil Mantri, his wife and co-founder Snehal Mantri, Head of marketing Kamakshi Mantri and MDPL Retail CEO Surendra Pal kickstarted the event by lighting the lamp and cutting a celebratory cake.

Some of the mall's retail partners were awarded for their contribution to people's shopping and entertainment needs. The best store for Visual Merchandising award was presented to Lifestyle and the best store for staffing was presented to Van Heusen. Inox Leisure Limited received the best overall experience award of the year.

Pal told BM, "Our mall has always promised quality service to all our customers. During the pandemic as the government allowed the operation of shopping malls, we have ensured that all safety precautions are enforced for the safety of our staffers and customers. Now, people are more confident of stepping out and with the safety standards we offer, our customers are returning for a hygienic and optimum shopping experience."

For the remaining 11 days, Mantri Group has a series of exciting events planned for their customers.

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Improper paths
DJ Halli

In the past year, BBMP has dug roads in the area for various works. This is the 1st Main Road in SR Block. Residents said they have not had access to proper roads in the locality for one year due to the digging.

Dumping grounds
New Thippasandra

The 1st Main, 2nd Cross, has become a dumping spot for abandoned cars. The authorities concerned must tow these vehicles.

Sinking issue
Rajiv Gandhi Nagar

This drain is filled with sewage water. The water is diverted to a side drain and flows into an incomplete SWD and causes the area to stink.

It may shower mangoes, but you must wait for it

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While the king of fruits has started arriving in the market, some farmers are upset. Mangoes are expected to be a bumper crop this year, but experts say that there might be a slight delay in harvest in some parts of the State.

As the monsoon continued for more time than expected, the soil in some areas was moist and it delayed the flowering of the plants. Winter was too delayed. This resulted in the delaying of fruits by a few weeks. Experts say there may be more mango fruits in April and May.

Most mango trees are brimming with flowers but farmers are in fear of diseases. The soil moisture in the Kolar and Chikkaballapur districts continued this month as heavy rain lashed these areas in December too. This may lead to fruit flies and anthracnose, which affects the yield.

Experts say that maintaining cleanliness on the farm will yield good results and also control diseases and worms.

Removing the grass and weed will also help the moisture to evaporate in the air. "The soil must be loosened.

"In Bengaluru, Kolar and Ramanagara, there is no delay in fruits. In Ramanagara, we will get the harvest next month

The worms lay eggs in the waste. This will create worms in the fruits."

Srinivasapura in Kolar is known for mango cultivation, and so are Kolar, Ramanagar, Chikkaballapur, Davanagere and Dharwad.

Experts say, due to prolonged cold, the plants flowered a lot. But, as per the experts, the dark dew will reduce the yield, they say.

A Horticultural Department official said, "There is a good yield expected this year. If someone lost their crop, they can be compensated with crop insurance."

Professor Department of Horticulture in GKVK, Dr BG Hanumantharaya said: "In Bengaluru, Kolar and Ramanagara, there is no delay in fruits. In Ramanagara, we will get the harvest next month. We can't predict the yield at the time of flowering. Cloudy weather and occurrence of rain will impact the yield. But as of now, this year, we can expect a bumper crop."

State govt spent ₹15,645 cr over covid

Guess, how much did covid cost the exchequer? Alarming but true: The state government spent a whopping Rs 15,645 crore to fight covid over last two years.

Chief Minister Basavaraj Bommai disclosed this during his reply to Budget 2022-23 discussions in the Legislative Assembly on Wednesday. "Covid was a massive pandemic and our response to it had to be equally massive. It took enormous amount of resources to fight it. We know it took lakhs of health workers and others working tirelessly over the last two years," said Health Minister Dr K Sudhakar. —BMB

City awaits rainy weekend

The weatherman says Bengaluru may soon get relief from the sweltering heat. Met department officials confirm that the city may witness light rainfall this weekend.

Sadananda Adiga, scientist at India Meteorological Department, Bengaluru told BM, "On Wednesday, the city's maximum temperature was 34.6 degree celsius and the city may have a temperature around 34 degree celsius for the next two days. However, on March 19 and 20, the city may witness light rainfall."

With areas in north Karnataka and neighbouring areas reporting high day temperatures, Met experts say that the city's temperature will be mostly normal this year. In extreme cases, the mercury may rise by one or two degree Celsius. Dr GS Srinivas Reddy, senior consultant at Karnataka Disaster Management Authority said the temperature may only rise in a few districts.

Due to good rainfall, lakes and wells are filled with water. This increased the underground water and also helped the livestock. There will be no water shortage this time and summer will be cooler. In Bengaluru, the expected maximum temperature will be 38-39 degrees Celsius. Raichur, Bidar, Koppal, Kalaburagi and other districts may experience a maximum temperature of 40-42 degree Celsius.

The National Disaster Management Authority conducted a meeting suggesting the precautionary measures in the summer. In districts where the temperature is high, people have been advised to avoid stepping outdoors. If necessary, one must use an umbrella. Always keep a water bottle to avoid dehydration. **– Prakash VL**

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I, SADIQ, R/at #12/1, Kemp Road, Frazer Town Bangalore-560005. I Have changed my name to MOHAMMED SADIQ, S/o. Mohammed Mumtaz Pasha, Vide Affidavit Dated: 15/03/2022. Sworn before Notary: M. Rajendra, Advocate, Bangalore

I, Rajnish M.N, R/o No.9, 11th main road, 4th cross, KCHS layout, 2nd stage Bengaluru 560040 have changed my 11 yrs old minor daughter name Likitha Mavinkere Rajnish to Likhita Mavinkere Rajnish affidavit Dt.16/03/2022 notary Harisha.G, B'luru.

I, YESU CHRISTHY (Old Name) R/o 12, Ground Floor, 17th Cross, Near Bus stand, Ejipura, B'lore-47. I have changed my name to YESU CHRISTY(New name). vide affidavit dtd 10-03-2022 sworn before notary S.N Madhu B'lore.

I, Aarpitha Pavan Nagaraj D/o Jagadeesh, No.468, 10th main, RMV extension, Sadashiv - nagar, Bengaluru 560080 have changed my name to ARPITHA BANDA VASUDEV RAO affidavit Dt.16/03/2022 notary Harisha.G, B'luru.

I Sandhyarani Mahapatra W/O, Mohammed Sharfuddin R/o House No 38, 2nd Floor, Resaldar Street, Sheshadripuram, Bangalore 560020 have changed my name to Sadiya Kousar.

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I, Lakshmidevamma Resident of Rajajinagar. I Have lost my Site all Documents, Site no 2396 located in Banashankari on 10-01-2022 at Banashankari. If anybody found please handover to the nearest Police Station or Contact - 6363482299

I, Rajeshekar C T Resident of Mahalakshmi Layout. I Have lost my Site papers, Site No 76, Located Kambipura Village on 10-01-22 Near home. If anybody found please handover to the nearest Police Station or Contact - 9980056799

I, Dr. K V Muralidhar Sharma aged 57yrs R/a . 278/4, 2nd Floor, 2nd A Main Girinagar 1 st phase, Bangalore 560085, hereby declare that gift deed registered and executed by Sri K S Venkatadri Sarma in my name on 24-11-2008 Book-1 CD No. NMGD116 doc NM-1-04369-2008-09 is missing/ untraceable. In case traced Call 9449154928

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Booster shot for holidays abroad

CONTINUED FROM PAGE 1

Ramu S, a travel operator, said the requirement has led to considerable travel disruption as many below the age of 60 had got their second dose in June-July last year. Hence, the demand has arisen that booster doses should be given to those with travel plans. With vaccinations for the 12-14 years age group beginning only now, such families need to get RT PCR negative certificates as it would require another 28 days for them to get vaccines. As summer holidays have already been announced, many may go on their vacations abroad.

"I am a frequent traveller abroad during holidays. My last trip was to Dubai in January 2020 when the world shut itself down after the covid-19 wave. Since then, there have been wave after wave and this has halted my plans. Now, with reduction in cases in many countries, I was planning to travel; but the booster dose may now prove to be a hindrance," said Gopal Rao, a frequent traveller. Travellers to Austria, Netherlands, Denmark, Croatia, France, Greece, Israel, Iceland, Switzerland and Spain may face difficulties due to the booster dose requirement.

Meanwhile, minister for health and family welfare Dr K Sudhakar said even those who have taken the vaccine should not let their guard down.

"There are concerns that there may be few more waves of the coronavirus. But this can be mitigated to a large extent by vaccinations. Everyone must take precautions by wearing masks and maintaining physical distancing. A total of over 10 crore vaccine doses have been administered in the state till date," Sudhakar said, adding that vaccines will be available for children aged 0-12 in the coming days.

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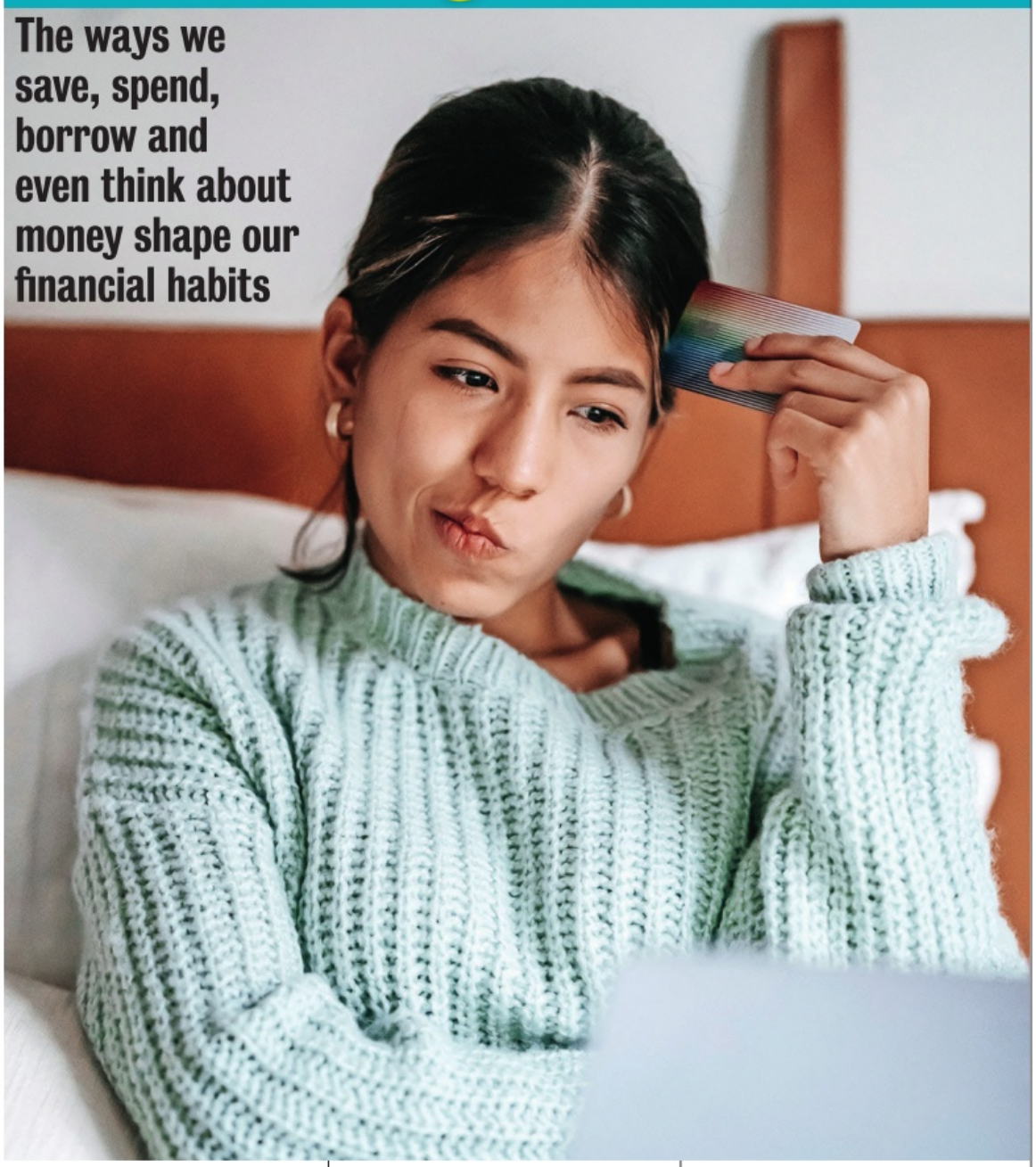
Break unhealthy money habits

The ways we save, spend, borrow and even think about money shape our financial habits



Some bad habits affect our physical health, like smoking, nail biting or eating too much junk food. But others take a toll on our financial health.

How do you know if you have unhealthy financial habits, and what can you do to build better ones? Take these three steps.

Dig into your relationship with money

Relationships with money are complex. It isn't always easy to identify financially unhealthy behavior. But there are some signs you can look for. Common problem areas include spending more money than you earn, neglecting to start an emergency fund and not saving for retirement.

Taking a financial health quiz can be a good first step toward detecting weak spots. However, our struggles don't always reflect poor habits or decision-making. Many experts say it's important to consider the role that systemic issues can play in shaping financial health.

"Not being able to get a living wage, not having medical insurance, having student loans in a career that you can't find a job. The fact that there's nowhere in this country that someone who is living on minimum wage can rent a two-bedroom apartment. Those are all systemic issues," says Saundra Davis, founder of Sage Financial Solutions, an US-based organisation focused on providing financial services for low-wealth communities.

If you're dealing with these kinds of systemic problems, focus on finding support.

On the other hand, if your income should be enough to cover your expenses but doesn't, that's when you should look at your behaviour, Davis says. What choices are you regularly making, and what do you have the power to control?

Look for patterns. Maybe you shop online when you're bored or upset. Or you ignore your debt because it's overwhelming. Maybe you tend to spend windfalls instead of using the money intentionally because your family didn't emphasise the importance of saving growing up.

Emotions and experiences can have a major impact on our money habits. That's why it's also possible to develop unhealthy habits if you're in good financial shape. For example, a person who pays all their bills on time and has plenty of savings might still feel anxiety around spending or argue about money with a partner.

"Often there's that history of financial scarcity and loss somewhere in their background that's unresolved that leads them to not be able to fully connect with the fact that they're actually financially secure now," says Ed Coambs, a certified financial planner and financial therapist in Charlotte, North Carolina.

Once you better understand what's behind your unhealthy habits, you can begin to repair them.

Set personal goals

Ask yourself, "Where are you trying to go? And where are you right now? And then how do you bridge that gap?" Davis says.

Setting financial goals can put you on the path toward healthier habits. Your goals can revolve around specific dollar amounts, such as becoming debt-free or saving three months' worth of expenses in an emergency fund, Davis says. Or, the goal might be about changing your money mindset, such as becoming more thoughtful about your spending or getting comfortable discussing money with others.

Create a plan that supports your vision of financial health. Say you want to boost your emergency savings or make credit card payments on time. Automating those transactions can help. You can transfer a specific amount from your checking account to savings each month or set up minimum credit card payments through your issuer's website.

Coambs suggests checking in on your finances once a month or every couple of months. Review your budget and behavior to determine whether you're on track to reach your goals.

Lean on resources

Breaking financial habits can be challenging. But you don't have to do it on your own. There are people and activities you can turn to, "whether it's journaling or having a conversation with your partner or some other mode of helping yourself feel safe again around the topic of money," Coambs says.

There are also many professionals who can offer guidance. A financial therapist, for example, can help you unpack your money relationships.

"All of us have a money history. And if your money history is one where there's a lot of emotional pain and chaos connected with money, then oftentimes those issues in your past need to be treated much like any other type of trauma," Coambs says.

You may also choose to work with a financial planner or seek free advice on managing your budget, credit or debt from a credit counseling agency.

Along your journey to improving your financial habits, learn to advocate for yourself, Davis says. "What that can do is reduce or eliminate shame, about going to get help wherever you might need it. If that means public benefits, if that means family and friends, whatever that means to you," she says.

— Lauren Schwahn for NerdWallet via AP

All problems solved

Dear Coleen

Over the past couple of years, I've really let myself go, but I don't seem to be able to do anything about it. I'm a woman in my 40s and previously felt pretty positive about myself. However, since the pandemic I've stopped exercising, stopped eating healthily, don't care much about my appearance and everything seems like an effort. I've gained quite a lot of weight, which my husband has noticed and commented on, and I have little enthusiasm for things. How can I get out of this rut?

COLEEN SAYS

I think you need to focus less on the weight and tackle your mindset. Many people have got into a rut during the pandemic because of the forced isolation and the stress, and it might take time to feel as strong and optimistic as you did before, so don't be too hard on yourself. It's easy to feel overwhelmed, so the thing is not to try to do everything at once or have big goals – start with small things you know you can achieve. That might be getting outside and having a 10-minute walk daily, making something healthier to eat every morning or taking an hour a day – no matter what else is going on – for yourself. But be disciplined about it. It's about creating a new routine for yourself and replacing negative habits with positive ones. But the thing with feeling low or depressed is that it takes a while to reach that point, so it also takes time to re-emerge. You don't say if your husband's comments about your weight were critical and judgmental, but adopting a healthier, more positive lifestyle is something you can do together.

—Coleen Nolan, Daily Mirror

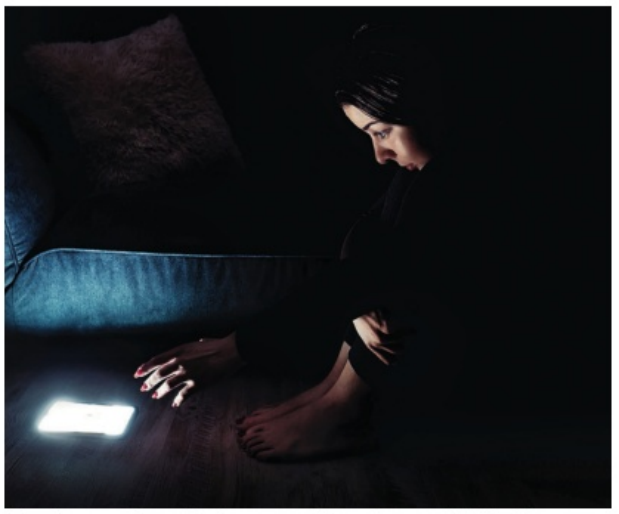
Let's talk about sex, to kids

CONTINUED FROM PAGE 1

counselling and it helped him a lot. He told us that he started watching pornographic content two years ago out of curiosity; he couldn't control the urge to watch it every day and found pleasure in it," he said.

Child rights activist Nagasimha G Rao said many adolescent boys attending SSLC and PUC lessons are addicted to watching pornography. "Most of the pornographic websites have pop up advertisements and display sexual images to attract people. As all children now have access to mobile phones due to online learning, it has become very easy to access the internet. Boys who are curious would have clicked on the pop ups and would have easily got access to pornographic websites. Some friends would have shared links and due to peer pressure, boys would have clicked on it and would have started watching them," he said.

Rao said 'children need to be taught how to control their urges and parents should start talking about it openly to create awareness': "I am counselling a 17-year-old boy who got addicted to online pornography last year. As most of the sites are paid subscriptions the boy used his father's credit card to watch adult content. His father was not aware of it and while paying the bills, he realised that there was payment made for a pornographic website. Upon checking his son's browser history, he realised his child was an addict and was watching pornography every day. Like him, many children are addicted to online pornography and need help. Though they got into it during the lockdown, the parents are finding out only now; many children who are addicted are still silent," he noted.



Most porn sites display sexual images as click bait

Manoj Kumar Sharma from the department of clinical psychology, who heads the Service for Healthy Use of Technology (SHUT) Clinic at NIMHANS, said children aged 13-14 years are now getting addicted to pornography as there is an increase in the number of children visiting the clinic for counselling post pandemic. "Discussion on adult content should not be considered taboo; parents should speak about it openly. Some children are vocal and talk about it with their parents after watching pornographic content while some are not comfortable speaking about it and watch secretly. Children fear their parents might get angry and take away their mobile phones. They watch it a couple of times and it becomes a mode of pleasure. Sometimes it is a peer-based addiction to watch pornography together with friends and they can't resist from watching it again and again," he said.

Referring to the example of a girl child who was timid and whose parents had brought her to the clinic for counselling for de-addiction, he said: "She came across online adult content while surfing the internet. She became anxious after watching it for the first time and wanted to know and understand what it was. She watched it again to understand what it is but was scared to talk about it with her parents, fearing that they wouldn't understand and judge her."

As mobile phone usage increased during the pandemic, children started getting involved in sexting too, Sharma said. "Children start from sending sexual images to friends and continue exchanging adult content. Parents should not be judgmental and should openly speak about sex and adult content with children. In both family and school, sex education must be provided to children; they should be made aware of the dos and don'ts. Parents are often shocked. There is a lack of acceptance which brings more pressure on children. Parents need to accept and help children cope with the addiction," he noted.

*(*name changed)*

Corbevax vax to cost Rs 990 in market, Rs 145 for govt

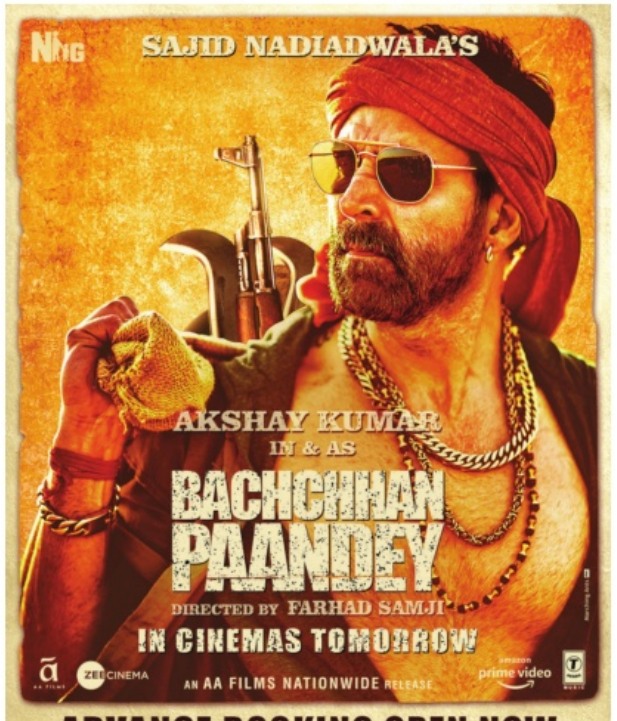
#NEW DELHI

Biological E produced Corbevax vaccine shot for children between 12 to 14 age group will cost Rs 990 in the private market including all taxes and Rs 145 at government hospitals and facilities.

India on Wednesday expanded its Covid-19 vaccination drive with the inclusion of children in the age group of 12-14. As per the health ministry report, children in this age group will be administered Corbevax vaccine manufactured by Hyderabad-based Biological E.

Biological E said that it is providing the most affordable Covid vaccine on a global scale due to process of innovation, large-scale manufacturing and high-quality operations. Corbevax is India's first indigenously developed Receptor Binding Domain (RBD) protein sub-unit vaccine against Covid-19.

Government school kids get inoculated with CorBEvax vaccine in Shivajinagar, on Wednesday



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Adani richer by $49bn, Nayar is new entrant

#NEW DELHI

Gautam Adani, India's and Asia's second-richest person, added USD 49 billion to his wealth last year - more than the net addition of wealth by the top three global billionaires Elon Musk, Jeff Bezos and Bernard Arnault, the 2022 M3M Hurun Global Rich List said on Wednesday.

Mukesh Ambani, who runs the oil-to-retail conglomerate Reliance Industries, continues to be the richest Indian with a wealth of USD 103 billion, a 24 per cent rise year-on-year.

Adani, the head of ports-to-energy conglomerate Adani Group, is a close second with his wealth surging 153 per cent to USD 81 billion. In the last 10 years, while Ambani's wealth has grown 400 per cent, Adani has seen a 1,830 per cent increase, the list said.

HCL's Shiv Nadar is ranked third with USD 28 billion wealth, followed by Serum Institute's Cyrus Poonawalla (USD 26 billion) and steel magnate Lakshmi N Mittal (USD 25 billion).

"Gautam Adani is the biggest gainer in the M3M Hurun Global List 2022," M3M Hurun Global Rich List said in a statement. His net wealth addition is "more than top three global billionaires such as Elon Musk, Jeff Bezos and Bernard Arnault."

Ambani's wealth grew by USD 20 billion in 2021, it said.

Nykaa founder Falguni Nayar (USD 7.6 billion) is the wealthiest new entrant in the Hurun Global Rich List 2022.

-PTI

Nykaa founder Falguni Nayar (top); Adani group head Gautam Adani

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PO. Sunabeda-763002, Dist.Koraput (Odisha), India Ph.: +91-06853-220929

Azadi Ka Amrit Mahotsav

(ADVT.No.: KPT-01/2022)

हिंदुस्तान एरोनॉटिक्स लिमिटेड (एचएएल), एक नवरत्न केंद्रीय लोक सेवा उपक्रम, दक्षिण पूर्व एशिया का एक प्रमुख वैमानिकी उद्योग है / सेवा प्रभाग और 11 सह-स्थित अनुसंधान देशभर में फैला हुआ है।

Hindustan Aeronautics Limited (HAL), a Navratna Central Public Sector Undertaking, is a premier Aeronautical Industry of South East Asia, with 20 Production / Service Divisions and 11 co-located R&D Centers spread across the Country.

एचएएल, कोरापुट प्रभाग में 70 बिस्तरों वाले औद्योगिक स्वास्थ्य केंद्र के लिए इच्छुक और योग्य पात्र उम्मीदवारों से पदों के लिए आवेदन आमंत्रित करता हैं: 1) चिकित्सा अधीक्षक/वरिष्ठ चिकित्सा अधिकारी, (सामान्य चिकित्सा), 2) चिकित्सा अधीक्षक, (नेत्रविज्ञान), 3) चिकित्सा अधीक्षक/वरिष्ठ चिकित्सा अधिकारी, (अस्थिशल्य), 4) चिकित्सा अधीक्षक, (निश्चेतक), 5) चिकित्सा अधीक्षक, (शिशुरोग विशेषज्ञ), 6) चिकित्सा अधीक्षक, (रेडियोलोजी), 7) जनरल ड्यूटी चिकित्सा अधिकारी.

Koraput Division invites applications from the eligible candidates for its 70 bedded Industrial Health Centre at HAL, Koraput for the post of 1) Medical Superintendent/ Sr. Medical Officer, (General Medicine), 2) Medical Superintendent, (Ophthalmology), 3) Medical Superintendent/Sr. Medical Officer, (Orthopedics), 4) Medical Superintendent, (Anesthesia), 5) Medical Superintendent, (Pediatrics), 6) Medical Superintendent, (Radiology), 7) General Duty Medical Officer.

विस्तृत अधिसूचना के लिए, संख्या सहित, पदों का संख्या, नौकरी विवरण, ग्रेड, पदों का विवरण, आरक्षण, आयु सीमा और छूट, चयन प्रक्रिया, पारिश्रमिक और अन्य सुविधाओं आदि के लिए, कृपया **www.hal-india.co.in** पर HAL वेबसाइट कैरियर पेज देखें।

For detailed notification, including No. of posts, grade, job description, details of posts, reservations, age limit & relaxations, selection process, remuneration & other facilities, etc., please visit HAL Website Careers page at **www.hal-india.co.in**

आवेदन प्राप्त करने का अंतिम तिथि **10/04/2022** है।

The last date for receiving application is **10/04/2022.**

मुख्य प्रबंधक (मा.सं), हिएलि कोरापुट प्रभाग.
Chief Manager (HR), HAL Koraput Division

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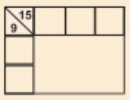
- Dr. D. PREMACHANDRA SAGAR, VICE-CHAIRMAN

SOLVE IT IN A MINUTE

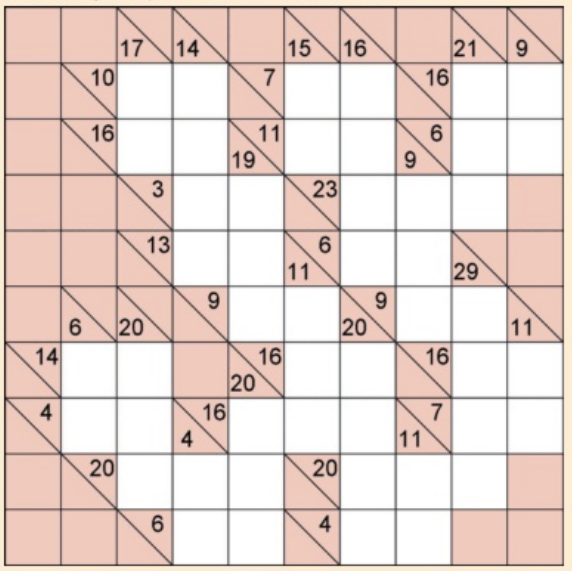
A person walks 10 meters in front and 10 meters to the right. Then every time turning to his left, he walks 5, 15 and 15 meters respectively. How far he is now from his starting point?

Kakuro

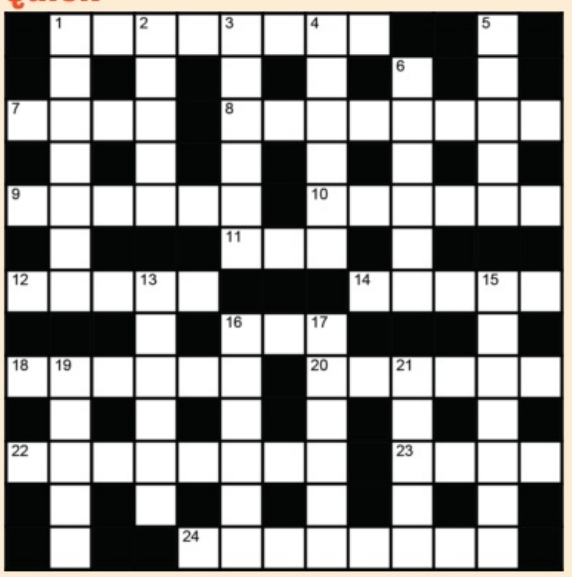
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Temporary expedients (8)
7 Major canal (4)
8 Irritably (8)
9 Sell from door to door (6)
10 Nudges or jostles, in a way (6)
11 Fishing implement (3)
12 Examines or tries (5)
14 Patron saint of Wales (5)
16 Karl Marx's ___ Kapital (3)
18 Goddess of wisdom (6)
20 In league (6)
22 Government building that offers a view of Ulsoor Lake on one side and the Bangalore Race Course on the other (4,4)
23 Shallow container (4)
24 Cause to draw apart (8)

DOWN

1 Compress (7)
2 Drained slowly (5)
3 Collect or assemble (6)
4 Touched lightly (6)
5 Grant or permit (5)
6 B in BARC? (6)
13 Vibration (6)
15 Repeat; state repeatedly (7)
16 Excludes or prohibits the entry (6)
17 Mariner (6)
19 Drink to health of (5)
21 Classic language of old Rome (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: C EQUALS N

CA ACQ AKCR XZPQ, ODU ICJACQ KLA WIC GZWF DG I PBJZCE GIC AKCR VQIUL.

Linemaro

Simplicity is the ultimate sophistication and you are a perfect example of it

Mindchow

Rainstorms will travel thousands of miles, against prevailing winds, for the opportunity to rain on a tent

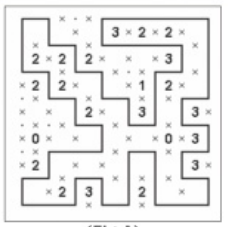
Joke of the day

Q: What to you call a deer with no eyes?
A: No eye deer

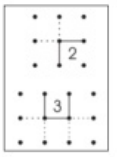
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



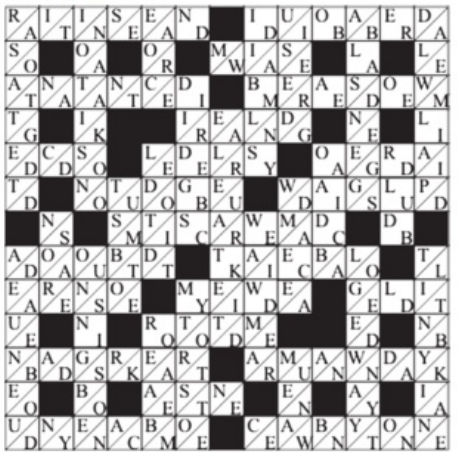
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

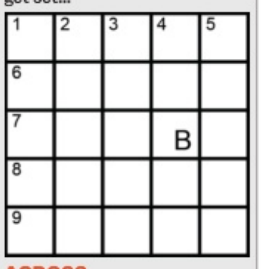
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

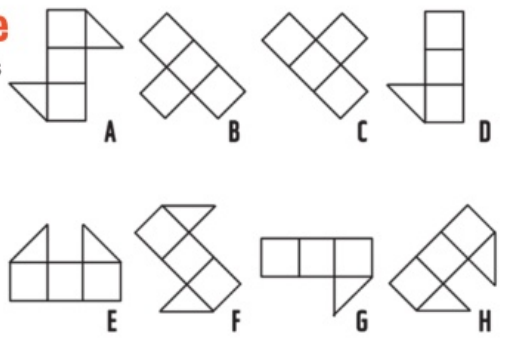
1 Pawls; 6 Ova he;
7 Bail I; 8 Wires;
9 Rooms

DOWN

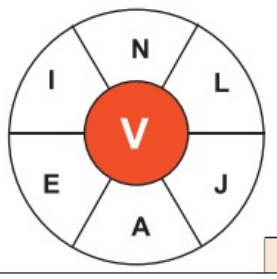
1 Whams; 2 Loop I;
3 Via so; 4 Reb we;
5 Rials

Mensapuzzle

Arrange these shapes into four pairs.



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

15 Average; 17 Good; 19 Outstanding

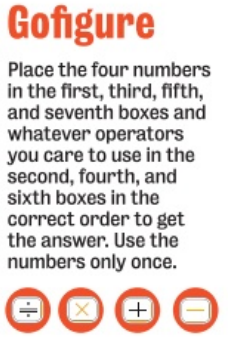
SudokuChallenge

	8		2		1		5	
		9		4		6		
	6						7	
	3		4	9	6		8	
1	9						2	5
	4		1	5	2		3	
	2						4	
		5		3		1		
	1		8		7		9	

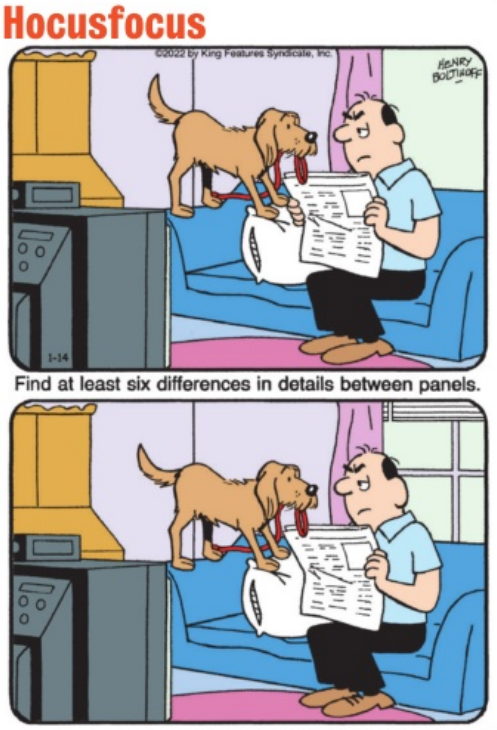
To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus



Find at least six differences in details between panels.

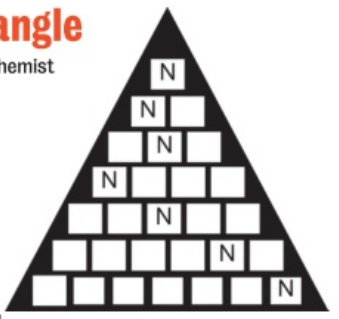
Differences: 1. Tail is moved. 2. Window is different. 3. Fingers are not showing. 4. Ear is larger. 5. Blinds are added. 6. Laces are added to shoe.

Riddler

Georges, Patrick, Charlis, Samuel and Bruno are five Frenchmen. Georges knows English and Chinese. Patrick knows Chinese and Japanese. Charlis knows Japanese and German. Samuel knows German and English. Bruno knows them all: English, Chinese, Japanese and German. In how many ways can they sit in a row, such that any two neighbouring persons have no problems in communication?

Alpha triangle

1 Nitrogen for the chemist
2 'Certainly not!'
3 Wallet bill
4 Meeting point
5 English poet John
6 Ruined
7 Medieval cell



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

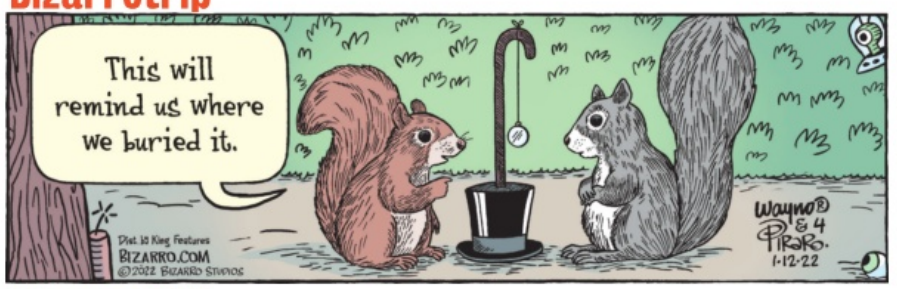
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

ROWF!
BAR
BEAT IT, BRUIN, OR I'LL SIC MY ELEPHANT ON YOU
I GOTTA LAY OFF THE FERMENTED BERRIES ... I SAW HER DANG ELEPHANT!
Mel Casson

Bizarrotrip



Diamond Lil

I DATED HARVEY IN HIGH SCHOOL
AND KISSING HIM WAS LIKE KISSING A CORPSE
OK, ARGUABLY A POOR CHOICE OF WORDS
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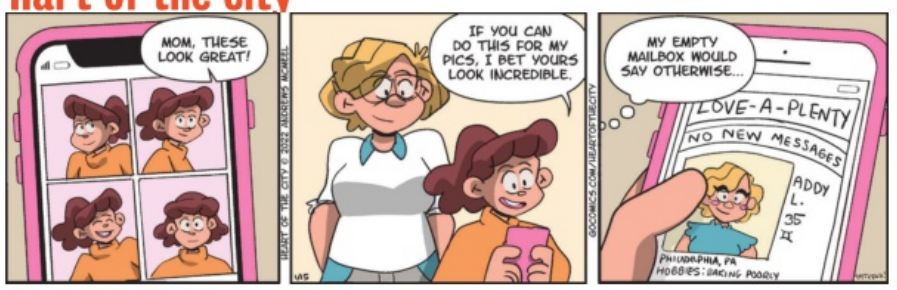
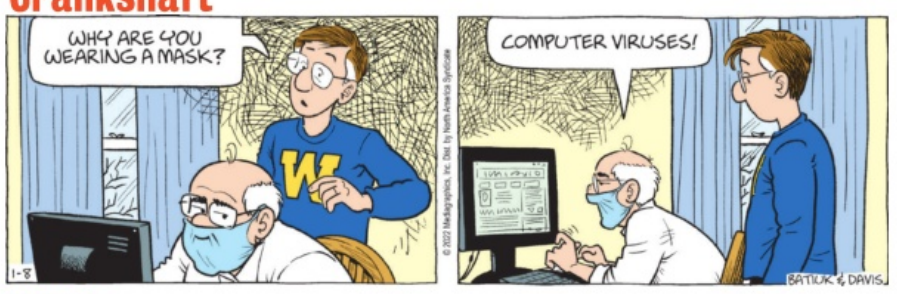
www.creators.com
Bentkert

Hart of the city


MOM, THESE LOOK GREAT!
IF YOU CAN DO THIS FOR MY PICS, I BET YOURS LOOK INCREDIBLE.
MY EMPTY MAILBOX WOULD SAY OTHERWISE...
LOVE-A-PLENTY
NO NEW MESSAGES
ADDY L. 35 F
PHILADELPHIA, PA
HOBBIES: BACING POORLY
HART OF THE CITY © 2022 ANDREWS MCMEEL
@OCOMICS.COM/HEARTOFTHECITY

Crankshaft



Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may feel your life becoming challenging; you may take some advice from your elders to survive in the situation. You need to have patience. Kids' education may also make you upset; you may make a short trip for their academics. Investors are advised to avoid speculation before making any investments.

Taurus Apr 21 – May 20
Today, you will be a victim of dissatisfaction; you may not get results for your hard work; it may disappoint you. You are advised to read documents carefully before a new contract. Investment in assets may also be possible. You are advised to follow your intuition before making investments in the fixed assets.

Gemini May 21 – Jun 21
Today, you may be busy in social get-togethers and family occasions. It may increase your network. You may also plan for a work-related short trip. Disputes between siblings will be resolved now. Your subordinates may cooperate with you to complete a difficult project. Your confidence may be high. You are advised to be patient while interacting with any person.

Cancer Jun 22 – July 23
Today, you may be busy in family get-togethers; you may become polite with the people around you, which may increase your image among your relatives and friends. You will spend money in buying some artefacts, other stuffs which will improve your social status. You may hear some good news from one of your close relatives.

Leo Jul 24 – Aug 23
Today, happiness may be around you; it can help you to enjoy your day-to-day work. Your vital power may help you to take difficult decisions which will increase your profits in the near future. You may plan for a work-related short trip. Subordinates and colleagues may support you to complete your work on time. Students may be more focused in their studies.

Virgo Aug 24 – Sep 23
Today, you may feel dull; sleeplessness may affect your mental and physical health as well. You may also be upset due to health issues of one of your family members. Your expenditure on worthless things may affect your savings. You may be a victim of conspiracy so, you are advised to keep an eye on your opponents.

Libra Sep 24 – Oct 22
Today, you may start your day with happiness. At work, you may take quick decisions, which may give benefits in near future. You may expect some new source of income, which may boost your savings. With the help of your partner, you may invest some amount in the business, which may be profitable in the near future.

Scorpio Oct 23 – Nov 22
Today, you may be busy at your office. Due to mental fatigue, you may not be able to give time to your family. With the help of elder's blessings, job-seekers may get some high position in the job; managers may get promoted to top management. You may get rewards, which may increase your status. Professionally, you may do better.

Sagittarius Nov 23 – Dec 22
Today, you may be happy and have patience which may reflect in your way of working. You may complete your task in an efficient way. You may plan to visit some religious place. You may make some donation to a religious place or to some charity. Lovebirds may develop trust in their relationship; you may be able to control your opponents.

Capricorn Dec 23 – Jan 20
Today, you may feel unhappy; you may feel dull; it might affect your way of working. There may be some delay in your projects. It may affect your prestige in your professional and domestic life. It is advised to avoid adventure tour or rush driving. Lovebirds may break up. Job-seekers may be disappointed in terms of a new job.

Aquarius Jan 21 – Feb 19
Today, you may feel positive vibrations around you. Things are under control. You may plan to start a new business in a partnership. You may expect some long-distance travel also. You will improve relations with your spouse, which will bring harmony in your domestic life.

Pisces Feb 20 – Mar 20
Today, you may do your best in the office. You may have good bonding with the boss; you may get some new responsibilities in terms of promotions. Chronic health issues may be cured now. You may get good incentives for your work also. Disputes with the siblings may be resolved now. Job-seekers may find a new job.

KIDZONE

Dhanush, 10 years, Bengaluru

Shravya KG, 8 years, The New Cambridge English Shcool

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

BULL'S EYE
alive, anvil, evil, JAVELIN, jive, lave, live, liven, naive, navel, vain, vale, vane, veal, veil, vein, vial, vile, vine

SOLVE IN 1M
5 Meters on the left of the origin

FAST FIVE

S	P	A	W	L
H	O	V	E	A
A	L	I	B	I
W	I	S	E	R
M	O	O	R	S

QUOTE UNCODE
No one owns life, but anyone who can pick up a frying pan owns death.

STRIKE OUT

D	Y	N	A	M	O	C	A	N	Y	O
E	O	A	T	E	N	A	A			
B	A	S	K	E	T	R	U	N	W	A
U	I	R	O	D	E	B				
A	R	N	O	M	E	D	E	E	L	I
D	O	U	B	T	I	C	A	L	L	
N	M	I	S	R	E	A	D	B		
D	N	U	D	G	E	D	I	G	U	P
E	C	O	E	E	L	S	A	G	R	A
T	A	T	T	E	D	M	E	A	D	O
O	A	R	W	A	S	A	E			
R	I	N	S	E	D	D	U	B	E	D

QUICK

T		E	S	T	R	A	N	G	E	
S		R		O		I		T		
M	A	Y	O	H	A	L	L		T	R
O		M		B		I		A		R
A	T	H	E	N	E		A	L	L	I
R		D	A	S			T			
T	E	S	T	S		D	A	V	I	D
Z			R	O	D		H			
P	E	D	D	L	E		E	L	B	O
S	U	E	Z		T	E	T	C	H	I
E		E		H		T		A		O
O		O		A		B		L		

SUDOKU

4	8	7	2	6	1	3	5	9
2	5	9	7	4	3	6	1	8
3	6	1	5	8	9	2	7	4
5	3	2	4	9	6	7	8	1
1	9	6	3	7	8	4	2	5
7	4	8	1	5	2	9	3	6
9	2	3	6	1	5	8	4	7
8	7	5	9	3	4	1	6	2
6	1	4	8	2	7	5	9	3

MENSA PUZZLE
A - F, B - C, D - G and E - H

RIDDLER
5*4*3*2*1=120. They are Frenchmen, and can all speak French. Therefore, any order is OK.

ALPHA TRIANGLE
N, No, One, Node, Donne, Undone, Dungeon.

GO FIGURE
Easy
5 - 2 x 9 + 4 = 13
Medium
5 + 8 - 6 - 3 = 4
Hard
5 + 3 + 2 / 1 = 10

LOOP

KAKURO

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 # And the Oscar presenters are...
Hollywood bigwigs like Sean 'Diddy' Combs, Samuel L. Jackson and Jamie Lee Curtis are among the latest group of stars who are set to present awards during the 2022 Oscars ceremony

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Has B'luru bizman bought PC's Rolls Royce Ghost?

Priyanka Chopra made heads turn every time she stepped out from her custom made Rolls Royce Ghost. The actor is also said to have spent lavishly to add plush interiors and fancy gadgets to her hot wheels. Interestingly, latest buzz suggests that she has sold off her prized possession.

Priyanka had bought the Rolls Royce Ghost in 2013. Now, she is said to have sold the black and silver beast to a Bengaluru-based businessman, reported Pinkvilla. It is yet not known

how much Priyanka has pocketed with this sale. She reportedly made this decision since the car was lying parked in her garage since a long time, as she has shifted base to US. While in LA, Priyanka Chopra opened a restaurant last year.

— ETimes

Vicky sizzles up summer

Vicky Kaushal raised the temperature on Instagram today after he shared a shirtless mirror selfie with his fans. The actor looked dashing as ever in the monochromatic photo.

Sporting a thick beard and moustache look, Vicky is seen looking into his phone as he poses in front of the mirror. He did not add any caption to the picture.

As soon as he shared the photo, comments started pouring in from all sides. While one fan wrote, 'Hottie Munda...mood', followed by a fire emoji, another one added, '#chillvibes' along with a fire and heart emoticon.

On the work front, Vicky will next be seen in Meghna Gulzar's 'Sam Bahadur' co-starring Sanya Malhotra. The film is based on the life of Field Marshal Sam Manekshaw. Apart from this, he also has 'Govinda Naam Mera' where he will be seen sharing screen space with Bhumi Pednekar and Kiara Advani.

Vicky is also a part of Laxman Utekar's untitled

next with Sara Ali Khan, Aditya Dhar's 'The Immortal Ashwatthama' and Karan Johar's period drama, 'Takht'.

THE TROLLHUNTERS

Celebs have a thing or two to say to those who have no shame in shaming women online

Samantha Ruth Prabhu, who stole the show with her stunning appearance on the red carpet, was trolled for her bold, revealing looks. Soon after that, the actor took to her social media handle to slam the trolls. This is not the first time when a star has slammed mean comments by netizens. In the past, Priyanka Chopra, Shama Sikander and Taapsee Pannu have given befitting replies to trolls who commented on their bold and daring looks. Take a look:

Samantha Ruth Prabhu

Samantha Ruth Prabhu recently attended an award function wearing a deep-neck green gown. The star gave it back to the trolls by posting a powerful note talking about how women are easily judged. She wrote, "As a woman, I bear firsthand knowledge of what it means to be judged. We judge women based on what they wear, their race, education, social standing, appearance, skin tone and the list goes on and on. Making snap judgements about a person based on the clothes they wear is quite literally the easiest thing one can do. Now that we're in 2022- can we finally stop judging a woman based on the hemlines & necklines and focus instead on bettering ourselves?" Pic: Instagram

Neena Gupta

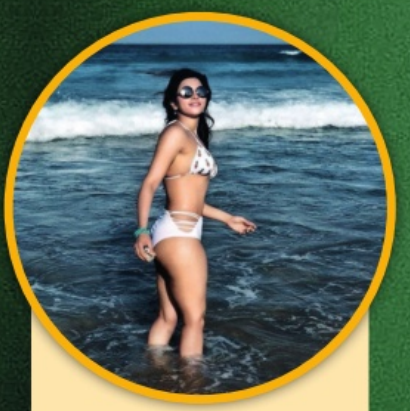
After Samantha, Neena Gupta has warned the trolls against shaming women for their choice of clothes. In a new video on Instagram, the 'Badhaai Ho' star has schooled people who judge women for wearing "sexy" clothes. ''Let me tell you, I have done MPhil in Sanskrit and I have done a lot of other things too. So, it is not right to judge someone on the basis of their clothes. Trollers, do take a note'', she said.Pic: Neena Gupta Instagram

Priyanka Chopra

A few years back, Priyanka Chopra was slammed on the internet for not being ''decently dressed'' and sitting in ''disrespectful posture'' during her meeting with PM Modi in Berlin. PeeCee gave it back to the trolls in the most cheeky way. The actress shared a picture with her mom as they showed off their legs.

Taapsee Pannu

When Taapsee Pannu had taken to her social media handle to share BTS pictures in a bikini from the sets of 'Judwa 2', in no time, netizens body-shamed her. She replied, ''Gndi??? I knew I should've washed that sand off me. Next time I will take care. I 'aaplog' for that ''.Pic: Taapsee Pannu Instagram



Shama Sikander

During her vacay in Australia, Shama had sported a white bikini while chilling on the beach. She had slammed all the trolls with a cryptic post that read, ''A woman has BOOBS...that's what makes her different than men and I'm grateful that I'm a woman and a blessed one indeed. Yes "I HAVE BOOBS" and nice ones indeed.. or whatever you prefer calling them. I think it's time for all those TROLLS who like to give my body parts names like these to get over it and move on in life''. Pic: Shama Sikander Instagram